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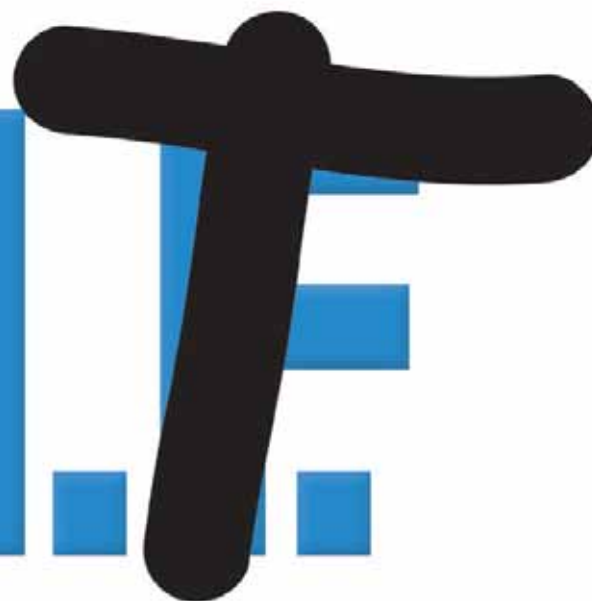
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Wednesday, March 4, 2015

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# T.G.I.F.

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## Jazz-ing up the 'Fax

PAGE 6



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H&M

# Hospital sneezes, ER catches a cold

## Health care.

Overcrowding at QEII resulting in jam-packed emergency room with queues of ambulances



RUTH  
DAVENPORT  
ruth.davenport@metronews.ca

## Quoted

**"Volumes are up, patients are sicker, fewer hospital beds are available. The system is clearly not able to carry the load."**

Dr. Sam Campbell, chief of Charles Keating emergency department at the Halifax Infirmary

The head of the emergency department at the Halifax Infirmary is warning that the emergency room is severely overcrowded, with conditions far worse than those that prompted a "code orange" alert in 2009.

Dr. Sam Campbell, chief of the Charles Keating emergency department, said Tuesday that overcrowding in the hospital has flowed into the emergency room, resulting in major backlogs.

"We have ... two-thirds of our beds blocked with patients that have been admitted to hospital, but there's nowhere to put them," he

said. "(Monday) there were 12 ambulances waiting to offload patients that had nowhere to put them."

Although the ER is seeing an increase in winter slip-and-fall type injuries, Campbell said those patients get treated and then sent home without contributing to overcrowding.

He said the problem is a confluence of systemic issues like an aging, ailing population, and seasonal factors like the annual flu epidemic, resulting in an increase of 30 per cent more patients over the last two years.

Campbell said that increased volume of older, sicker people is swallowing up any success from mitigation measures that Capital Health has implemented since the code orange in 2009.

"We had a seminar recently where an expert from Alberta was presenting all the things to increase efficiency in emergency departments, and in Halifax we were doing all of them," he said.

"In fact, we'd been doing most of them for a lot longer than other people had done and were actually way ahead."

Campbell said improving conditions in the ER will mean taking resources from another part of the hospital, leaving administrators with no easy short-term solutions.

"It's got to the stage where the changes need to be bigger and they need to be external," he said.

"It's looking at things at a much bigger level and deciding what do you want to give up and what do you want to supply."



## THREAT IN DARTMOUTH

Halifax police get set to enter a home on Everett Street in Dartmouth on Tuesday. Police say they were there in relation to a potential threat made to Mic Mac Mall. Story, page 4. STEPHANIE TAYLOR/METRO



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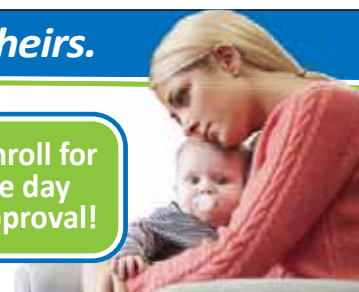
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**H&M**



# 'Hilarious (and horrifying)' downtown ad goes global

**Marketing.** Date night advertisement features cheesy lines, 1980s style, to boost business



**HALEY RYAN**  
haley.ryan@metronews.ca

The 1980s have taken over downtown Halifax and the Internet is loving it.

To bring attention to date-night packages with local eateries and shops, the Downtown Halifax Business Commission released a video in early February similar to the 1980s VHS date-night tapes, where singles introduce themselves in front of neon backgrounds with cheesy music. That advertisement has recently grabbed international attention.

Thanks to sites like Mashable, Digg and The Huffington Post, all of which have picked up the ad —not to mention a tweet from Calgary Mayor Naheed Nenshi on Tuesday — business commission spokesman Brenden Sommerhalder said the clicks keep rolling in.

"It's to remind people we're a progressive place, we're happy to have fun, we're

**In numbers**  
**58,380**

YouTube views for the video by late Tuesday.

vibrant, and we don't take ourselves too seriously," Sommerhalder said with a laugh.

While the video, titled Downtown Halifax Date Night: 'Who' is the Hardest Part, looks like it's straight off a VHS, Sommerhalder said they couldn't pass up the opportunity to shoot the ad themselves and worked with Extreme Group, Egg Studios and local actors outfitted with big hair, huge glasses and moustaches to make the one-minute video.

The video was called "horrifying" by Mashable while Huffington Post stated it was "hilarious (and horrifying)," since the video includes men in loud sweaters staring into the camera with lines like "If you don't believe in love at first sight, let me reintroduce myself," or "When I start nibbling on this sucker, it's game over," as one stroked his earlobe.

The idea was to target both young people and middle-aged couples, Sommerhalder said. The 1980s bring nostalgic feel-



A still scene from the video done by the Downtown Halifax Business Commission. CONTRIBUTED

ings for an older crowd, and Millennials find the decade "funny and awesome even if they don't exactly relate to it."

Social media may be full of people calling the video an ad-

vertising fail and mocking the content, but Sommerhalder said it's already worked.

"The message of downtown being a place to have some fun has now gone international

just from this one video," he said.

"Leave (in) that air of vibrancy, and sort of slight foolishness, allowing ourselves to have fun."

## Web courses for teachers disqualified



**Education Minister Karen Casey**  
JEFF HARPER/METRO

Nova Scotia's Education Department will no longer recognize video correspondence courses offered by Drake University in Iowa.

Education Minister Karen Casey says the online courses taken by some teachers are not eligible for transfer credits at any university in Nova Scotia.

Casey says starting immediately, her department will no longer grant an increase in

teacher certification to teachers who take the courses.

The Education Department started a review of the courses in February 2014.

Casey says the decision is part of the province's broader commitment to improve teaching standards under a recently released education plan.

Until that work is done, the department will not approve any new education programs

### Timeline

The new standards are to be complete by some time in 2016.

put forward by universities.

"To improve student performance ... teachers need access to programs, professional development and con-

tinuing service education that will have a direct impact on improving student achievement," Casey said in a statement.

"We also want to ensure that funds dedicated to professional development and teacher certification upgrading are directed toward programming that best meets the needs of Nova Scotia students."

THE CANADIAN PRESS

### Court

#### Trial delayed for indecent act on plane

The trial of a 25-year-old woman accused of committing an indecent act on a Toronto-to-Halifax flight has been delayed because her lawyer is ill.

Alicia Elizabeth Lander has pleaded not guilty to committing an indecent act, assaulting a police officer, committing an act of mischief and causing a disturbance at Halifax Stanfield International Airport on Jan. 24, 2014.

Her trial was supposed to resume Tuesday, but was postponed until March 18.

THE CANADIAN PRESS



An Air Canada flight.  
THE CANADIAN PRESS

### Arson

#### Man pleads guilty to setting pizza shop on fire

A Sydney man will be sentenced in May after pleading guilty Tuesday to two counts of arson, including of a downtown pizzeria.

Bradley Shane Axworthy,

37, pleaded guilty to two counts of conspiring with others to commit arson for a fraudulent purpose.

One of the crimes involved the burning of a Sydney pizza shop, A-1 Pizza on Charlotte Street, in February 2014 and the other involved a vehicle, a 2007 Cadillac Escalade, that occurred in 2013. Four other charges were dismissed. CAPE BRETON POST

1 NEWS

# 3 arrested after potential threat at Mic Mac Mall

**Dartmouth.** Unfolding investigation leads police to pair of homes



**STEPHANIE TAYLOR**  
stephanie.taylor@metronews.ca

Kim Walsh was working in the kitchen of the A&W restaurant Tuesday morning, when a few cleaners from Mic Mac Mall told her the building was under evacuation.

"They didn't say anything, they just told us we had to leave," the manager said, while sitting in one of her staff's cars along with three other employees.

Waiting in the mall's parking lot, the group of women explained they were "in the dark" about what was happening — except for rumours swirling of a possible threat that had been made against the mall hours earlier, corroborated by sightings of a heavy police presence.

"It's scary, especially what happened over at Halifax Shopping Centre," Walsh said Tuesday, citing the alleged shooting plot police say three individuals

## Previously

Tuesday's potential threat came 2-1/2 weeks after Halifax police received a tip about an alleged plot to open fire on Valentine's Day at the Halifax Shopping Centre.

- A 19-year-old man allegedly connected to the plot was found dead in a Timberlea home, while 23-year-old Lindsay Kantha Souvannarath of Geneva, Ill., and 20-year-old Randall Steven Shepherd of Halifax face multiple charges including conspiracy to commit murder.



**Police at Mic Mac Mall in Dartmouth Tuesday.**  
STEPHANIE TAYLOR/METRO

porters they were first notified of the threats around 9 a.m. Police informed mall management, who decided to close as a precautionary measure.

Bourdages wouldn't specify the nature of the threats, only saying their validity was under investigation.

A robust police presence remained at the mall throughout the day and for several hours beginning around 11 a.m. The investigation led members of the emergency response team, along with a K-9 unit, to a residence on Everett Street.

Officers blocked off the Dartmouth street as a group of police with their guns drawn circled 12 Everett St. They entered the home only to find no one inside.

were scheming to carry out on Valentine's Day.

Hours later, around 3:40 p.m., police arrested two men and one woman at a residence in the 200 block of Willett Street in Clayton Park in connection to the potential threats.

According to a police release, a search of the residence was underway and the investigation remains ongoing.

In an earlier interview, police spokesman Const. Pierre Bourdages told re-



**Police hide at the side of a home on Everett Street in Dartmouth on Tuesday as part of an investigation into a threat made at Mic Mac Mall.** STEPHANIE TAYLOR/METRO

As the investigation unfolded on Everett, Patrick Roy says his 11-year-old daughter waited across the street inside South Woodside School, which had been placed under lockdown by

administration after receiving information of the near-by investigation.

"She's scared. A little nervous," Roy said after receiving a call from his daughter while waiting to

pick her up on the corner of Everett and Pleasant streets.

"It's the world today, I guess. Things are going to happen and you can't control them."

## Schools in lockdown after weapons complaint

Two Middleton schools were briefly in lockdown mode early Tuesday afternoon and police were on the scene after receiving a report that a suspicious person was seen and might have had a weapon.

Kristen Loyst, communications officer for the Annapolis Valley Regional School Board, said that the two schools were on orders to "hold and secure" Tuesday afternoon after the RCMP received the report.

"The dismissals at both schools are taking place as usual with a strong police presence in the area," she said. "Annapolis East

### Quoted

**"These responses are practised as part of all AVRSB schools' emergency procedures."**

Kristen Loyst, communications officer for the Annapolis Valley Regional School Board

Elementary immediately went into hold and secure and then for a brief time, Middleton Regional High School, but that didn't last long."

She added no police searches were conducted inside the buildings, though

officers maintained a strong presence on the school property and in the community. Loyst added that the board appreciates the efforts made by police to ensure the safety of staff and students.

A tweet from the RCMP around 1:30 p.m. alerted the public to the situation. Police said the school was being held in "hold and secure" mode as a precaution.

"Hold and secure" is a situation that involves locking all external entrances to the building and controlling access to the site while allowing internal activities to continue.

ANNAPOLIS SPECTATOR

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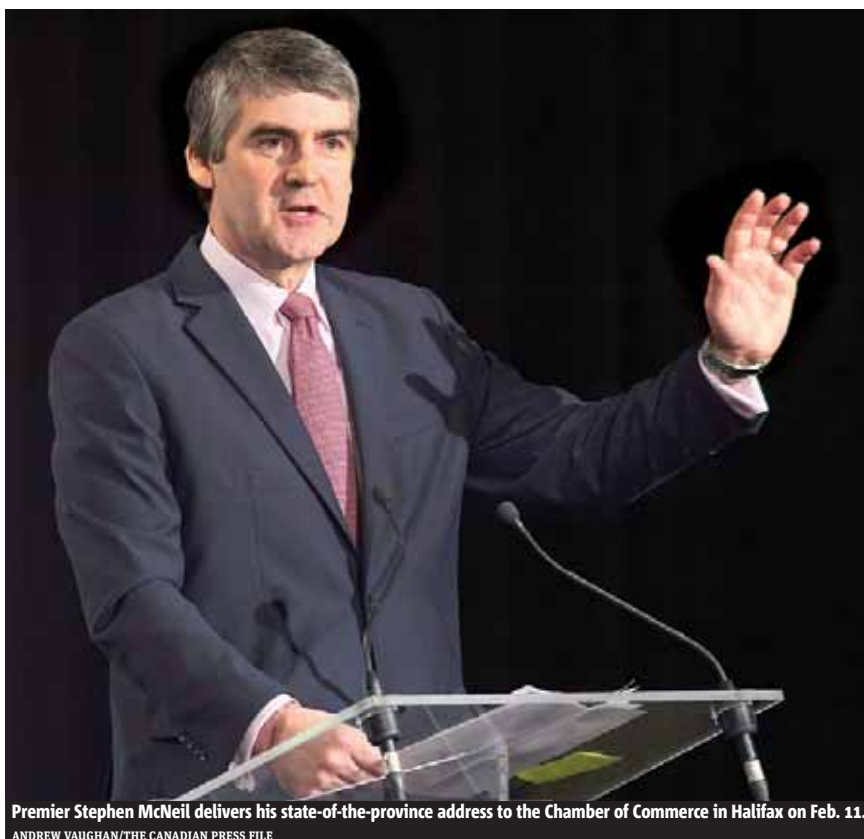
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Premier Stephen McNeil delivers his state-of-the-province address to the Chamber of Commerce in Halifax on Feb. 11.  
ANDREW VAUGHAN/THE CANADIAN PRESS FILE

# Health workers, N.S. back talking

**Bargaining units.**  
Premier and unions  
staying mum for now

The Nova Scotia government has gone back to the bargaining table with unions representing health workers over the thorny issue of which employees the labour organizations will represent after health authorities are merged.

Premier Stephen McNeil says he sent the unions a proposal late last week and hopes a "constructive dialogue" will lead to progress in settling the future of labour negotiations in the health-care sector.

"We're moving forward and we're having the unions look over the proposal," he said Tuesday.

Health workers protested against a bill last fall that amalgamates health boards and shrinks the number of bargaining units from 53 to four by April 1. Labour leaders argued the bill was undemocratic and unconstitutional because it stated no union could represent more than one of the bargaining units for nurses, health-care workers, clerical

## Quoted

"I think Nova Scotians are going to have a lot of questions today about why he (the premier) blinked.... We need to change the way health care is delivered and get our costs under control and make sure patients are looked after."

Progressive Conservative Leader Jamie Baillie

workers and support staff.

McNeil wouldn't comment Tuesday on whether the government is willing to allow some form of bargaining association, which would allow unions to keep their members and negotiate jointly.

The Nova Scotia Nurses' Union, the Nova Scotia Government and General Employees Union, Unifor and the Canadian Union of Public Employees wouldn't comment Tuesday, citing a news blackout.

The announcement comes after Health Minister Leo Glavine said last week that legislation to settle the issue would be the first item dealt with when the legislature resumes on March 26.

Glavine's assertion followed the government's dismissal of arbitrator James Dorsey, who issued a decision last month

that settled only one of the four bargaining units.

Dorsey said in an initial ruling that he wanted unions to have a clear majority of members in the same type of bargaining unit before selecting them as the bargaining agent. He also raised the prospect of some form of union association where that wasn't the case.

NDP Leader Maureen MacDonald criticized McNeil on Tuesday for creating unnecessary instability in the health system.

"I'm assuming the government will be looking at the bargaining associations, which is always what the health-care unions have always said would allow the government to achieve its objectives without causing the kind of disruption we've seen in the past year," she said. **THE CANADIAN PRESS**

# Union opposes job cuts at parks, visitor centres

Nova Scotia's largest public-sector union is speaking out against budget cuts in the province's tourism sector.

The government announced Friday it is closing visitor information centres in Digby and Pictou and switching pay stations at seven provincial parks to self-service, resulting in layoffs for 58 seasonal workers.

The Nova Scotia Govern-

## Visits

**40%**

The department says visits to tourist information centres dropped by almost 40 per cent over the last decade as people use online information to plan trips.

ment and General Employees Union says the cuts unfairly target rural communities that

depend on the jobs.

Union president Joan Jesome says the word-of-mouth information provided by the employees can't be replaced by machines or the Internet.

Tourism Department officials say the cuts, part of a government cost-cutting program review, will save more than \$1 million a year by 2016.

**THE CANADIAN PRESS**

# Fish mortalities on rise due to cold temperatures

Three aquaculture sites around Nova Scotia are dealing with fish mortalities as a result of this winter's cold temperatures.

In a release issued Tuesday, the Department of Fisheries and Aquaculture report that fish are dying in Annapolis Basin, Shelburne Harbour and Jordan Bay farming sites because of frigid temperatures.

Marine water temperatures stay above freezing during most winters, says the release, but sustained cold air temperatures can make the waters drop below zero degrees Celsius to -0.7, which is the temperature that freezes fish blood.

Tides in late February and into March also tend to be higher and contribute to

## Cycle

The release says there are no major environmental risks, as the event happens every five to seven years.

lower temperatures by flooding more shallow areas than usual. **METRO**

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# Jazz festival ready to bring an 'outdoor summer party'

**Music.** Shorter event makes full pass worth it: Director



**HALEY RYAN**

haley.ryan@metronews.ca

High-energy is the catchphrase of the day when it comes to the Halifax Jazz Festival main stage.

On Tuesday, the annual festival of all things soul, jazz, funk and other musical styles announced its first headliners for the July 8-to-12 event, which include Sharon Jones & the Dap-Kings and the experimental pop group tUnE-yArDs.

"All of the groups ... at the main stage are really high-energy, really engaging performances that will be a great outdoor summer party with world-class music," artistic director Laura (Lulu) Healy said on Tuesday.

"It's not very often we



Sharon Jones GETTY IMAGES

## Tickets

Public early-bird tickets go on sale at noon March 6; festival members or pass buyers can purchase now at [halifaxjazzfestival.ca](http://halifaxjazzfestival.ca).

get to have these kinds of shows all in the same week."

Jones, who has a Grammy nomination for best R&B album in 2014 and is the "No. 1 soul singer in the world right now" according to Healy, kicks off the five-day event at the main stage on the Halifax waterfront July 8.

"I've been honestly trying to get Sharon Jones for the last six festivals, so it's so exciting," Healy said.

And tUnE-yArDs, featuring Merrill Garbus and bassist Nate Brenner, is set to perform July 9. The release of the 2014 album Nikki Nack launched the band into cross-country and world tours with late-night TV appearances. Healy said the group is "very forward-looking" in its career.

"I knew that people would be excited, so there seems to be a good reaction so far," Healy said.

The Brooklyn trio Moon Hooch, a band known for its unique "cave music" sound and for inciting dance parties on New York subway lines, will open the tUnE-yArDs show.



The tUnE-yArDs perform at Sonos Studio in Los Angeles, Calif., on Dec. 9. The experimental pop group will play the Halifax Jazz Festival July 9. JEROD HARRIS/GETTY IMAGES

Cuban and Latin music are front and centre Friday, July 10 when Juan de Marcos & The Afro-Cuban All Stars (ACAS) return to Halifax after nearly a decade.

World-class pianist and composer Kenny Werner

first performed at the festival 10 years ago, and is known for his "prolific output" of compositions. Werner returns with his trio for two intimate concerts at the Peggy Corkum Music Room on July 12, at 5 and 7 p.m.

Healy said a full lineup will be released in April, but organizers wanted to let people know about headliners in March, so Haligonians could plan on buying a full \$95 pass for the five-day event. In previous years

with the nine-day festival, there might not have been as many options every day.

"It will have more of a festival atmosphere," Healy said. "We're kind of hoping that people will come and sink their teeth into it."

## Family learns to cherish each day with daughter

Matt and Kara Dort sat beside their seven-month-old daughter in the intensive care unit of the IWK Health Centre in Halifax on Sept. 27 and were told she would die.

The doctor explained to the heartbroken New Glasgow parents that there was nothing more they could do for Bria and that she was going to be taken off life support.

The infant's kidneys and liver had failed and her other organs were shutting down. She was on full life support and even if she did wake up, doctors had doubts about what her

mental condition would be or if she would ever move again.

At one point the professionals there tried to take her out of the room to do an MRI to test her brain function, but she crashed.

Matt and Kara learned that day that miracles can happen. Bria inexplicably revived.

"She fought back from that," Kara said. "She just continues to fight every single day."

Doctors believe that Bria has a rare mitochondrial disease and had a rare but severe reaction to her seizure medicine. What they don't know is how

she came back.

Bria has had a lot of ups and downs in her short life. The problems started in June 2014 when she was four months old.

"We put her to bed. She was four months old, happy, healthy," Kara said. "There was absolutely no indication there was anything wrong with her."

But the next morning Bria woke up screaming, in pain. Within an hour she was in a coma.

The Dorts would later learn her sugar levels had dropped so low that it caused damage to significant portions of her

brain. She was airlifted to the IWK in Halifax.

"As we were wheeling her in from the helicopter, she started seizing," Kara said. It was clear something was seriously wrong. Bria spent more than 20 days at the IWK that first time before she was deemed stable enough to be released.

She was back and forth different times over the following months before finally getting home for the foreseeable future shortly before Christmas. The doctors and the Dorts agree it's best for the girl to be home with family regardless of the

outcome of her disease, which is described as life-limiting.

"Bria's best medicine is her brother and her cat," Matt said.

In February, Bria celebrated her first birthday. Pictures show her smiling with a cake.

As normal as she seems, all is still not 100 per cent. When Bria has bad days, they're really bad, but her good days have also been really good.

"The doctors tell us that she scares them and they don't know what to do with her and they don't know what the future holds," Kara said.

NEW GLASGOW NEWS



Bria Dort smiles in her New Glasgow home. NEW GLASGOW NEWS



## 'I like helping': N.S. crowdfunder

Julia Hawkins offers a simple explanation for why she set up an online crowdfunding campaign that brought in \$22,000 for a severely beaten homeless man whom she had previously seen a few times near where she works in Cape Breton.

"I just like helping people," said Hawkins, a soft-spoken woman from Little Pond.

"He seemed like a really nice guy. I liked his dog."

Shawn Jack was seriously injured last summer when police say a group of young people attacked him in a wooded area behind a department store.

When Hawkins heard the news, she set up a page on the website GoFundMe. Within 24 hours, the page had brought in more than \$14,000 from donors across the country, shattering its initial goal of \$1,000, and the money kept coming in.

Hawkins' campaign for Jack is among a growing list of cause-based online fundraising efforts that have made headlines across Canada, including two high-profile — and highly successful — campaigns in the

past several weeks.

After a Quebec woman refused a judge's order last week to remove her hijab in court, a pair of supporters who didn't know the woman launched an online campaign that has raised more than \$45,000.

Last month, the death of three-year-old Elijah Marsh of Toronto, who wandered out of his grandmother's apartment building into the frigid winter night, inspired a deluge of online donations, with one campaign bringing in more than \$170,000.

Hawkins continues to manage the funds with the help of one of Jack's family members, sending clothes and money for his TV bill while he recovers in a Halifax hospital.

Her plan is to send him everything, once he is well enough and able to set up a bank account.

"I was told by his family that he really appreciates it," Hawkins said. "He knows what everyone has done for him and he really appreciates it."

THE CANADIAN PRESS



A crowdfunding page for Cape Breton homeless man Shawn Jack brought in more than \$14,000 within 24 hours. FACEBOOK

## Kentville. Replacement of bridge planned for 2016

The Cornwallis River bridge in Kentville is slated to be replaced in 2016.

Transportation Minister Geoff MacLellan and Kentville Mayor David Corkum met at the green bridge on Tuesday to confirm that the provincial government is on board with the project.

The minister's message about the bridge was music to Corkum's ears.

"We've been working on getting this bridge replaced for the last 10 years,"

Corkum said. "Minister MacLellan is the fifth minister of transportation we've had here to the bridge and we finally got a commitment today that the bridge will be replaced in 2016."

Corkum said fire trucks, police vehicles and ambulances frequently travel over the bridge that connects the downtown core to Valley Regional Hospital, which is located on the opposite side of the river.

KINGS COUNTY REGISTER



Ryan Millet and his wife walk to a disciplinary hearing at Dalhousie University in January. JEFF HARPER/METRO

# Dentistry student still fights to return to class

**Dalhousie.** Lawyers say Ryan Millet was willing to participate in restorative justice program, but not admit to unprofessionalism

### Quoted

"He remains committed to clearing his professional reputation in whatever manner is required, so that he can graduate and get on with his life, including his chosen career of dentistry."

Law firm statement about Ryan Millet

learned of Dalhousie's decision to lift the suspension of his 12 classmates through media reports.

University president Richard Florizone said Monday that the school's academic standards committee made the decision to reinstate the students after reviewing the online posts, meeting each of the students and receiving reports and legal submissions.

The law firm for Millet says it hopes a decision from the academic standards committee on his case will be announced this week as it fights to clear his reputation.

The students who are returning to clinical practice must adhere to several conditions, including close

supervision, ongoing participation in a restorative justice program and participation in classes on communication and professionalism.

The school also said members of the public will be asked whether they would prefer not to be treated by one of the men who were previously suspended. If a patient chooses not to be treated by any of the men, they will be assigned another student.

Millet's lawyers say the restorative justice program that the 12 other men in his class are taking was made available to him if he admitted to unprofessionalism.

"Ryan had offered to participate in that restorative justice program, to facili-

tate healing amongst his classmates," the law firm of MacIntosh, MacDonnell and MacDonald said in a statement. "However, he refused to acknowledge that he was guilty of blatant unprofessionalism. Ryan was not invited to continue participation in the restorative justice program, once he refused to acknowledge his guilt."

The 12 students who had their clinical privileges reinstated also expressed remorse in an open letter to the community on Monday.

Florizone said the committee will now assess whether the men will be able to meet the professional standards of their program but some of them will not graduate this spring because of missed clinic time.

Millet's lawyers say their client has not been given any indication if he will be in a position to make up lost clinic time and pass the necessary exams if he is reinstated by the academic standards committee. THE CANADIAN PRESS



## PTSD. Report on soldier's suicide set to be released

Nearly seven years to the day a troubled young soldier killed himself on an Edmonton base, a report into whether the military police botched the investigation into his death will finally be released.

The publication of the Military Police Complaints Commission report next Tuesday is the latest but not the last step on a very long road for the family of Cpl. Stuart Langridge.

The veteran of the wars in Afghanistan and Bosnia was 28 when he hanged himself on March 15, 2008, after struggling with drug and alcohol addiction, and what was later believed to be post traumatic stress disorder (PTSD).

Three military investigations were held into the circumstances surrounding his death and what happened afterwards, inquiries the family alleged were all biased toward exonerating the Canadian Forces. They filed a formal com-

plaint with the Military Police Complaints Commission and the agency agreed in 2011 to hold a hearing.

The subsequent hearing ran for more than 60 days and heard from nearly 100 witnesses before wrapping up in January 2013. Among other things, the commission heard that at the end of one stint in psychiatric care, the young soldier told a doctor he'd rather die than return to his base. He was sent back anyway and killed himself 10 days later. The military argued it did everything it could for Langridge and blamed his problems on substance abuse.

His mother and stepfather, Sheila and Shaun Fynes, maintain he was the casualty of a culture that didn't take mental health issues seriously.

The complaints commission report will examine each of the allegations made by the Fynes and make recommendations.

THE CANADIAN PRESS

## Military. Top soldier Lawson set to step down

The country's top military commander is planning to step down.

Several defence and government sources confirm that Gen. Tom Lawson, who has been chief of defence staff for 2-1/2 years, has asked the government not to extend his term in the fall.

Officials at National Defence had no comment Tuesday, but defence sources say his departure has been in the works since late last year and the process kicked into a higher gear after the latest list of promotions and retirements was released a few weeks ago.

Interviews have apparently been conducted with four candidates to replace him, the sources say.

It will soon be up to De-



Gen. Tom Lawson THE CANADIAN PRESS

fence Minister Jason Kenney, to send a recommendation to the prime minister.

A spokeswoman for Kenney said the government is not prepared to comment.

"Gen. Tom Lawson continues to serve the men and women of the Canadian Armed Forces and we continue to have full confidence in him," Lauren Armstrong said in a statement.

THE CANADIAN PRESS

### Home deliveries

#### Employees to take Canada Post to court

The union representing Canada's postal workers wants the Federal Court to declare the cancellation of home mail delivery unconstitutional and a violation of charter rights. Canada Post employees said last October they would take the Crown corporation to court over the plan to end home delivery. THE CANADIAN PRESS

### Windsor, Ont.

#### Police probe public online sex shows

Police are trying to identify a woman who makes raunchy sex shows for an online audience in public places, but keeps what she's doing hidden from passersby. Police in Windsor, Ont., say the woman has apparently used city library branches and Tim Hortons coffee shops as the location for her shows, in which she appears to be "engaging an audience online." THE CANADIAN PRESS



## Dandy sets her sights on giving comfort

Dandy, a Labrador puppy, sits with attendant Heather Guthrie at A Leg Up Pet Services on Tuesday. Dandy is the newest addition to Toronto's Victim Services, a non-profit organization that works closely with police to aid people who have experienced traumatic events. After she's fully trained, a process that will take several months, Dandy will become the third trauma dog in Canada to work with police. Her role will include comforting victims of violence and sexual assault, and those who have experienced the death of a loved one through violent crime or other tragic circumstances.

TORSTAR NEWS SERVICE

# CSIS warns government of online anti-Islam threat

**Homegrown.** CSIS has flagged what it says might be the recent development 'of a Canadian online anti-Islam movement'

Canada's spy agency is eyeing the threat of a homegrown anti-Islam movement spreading online.

The Canadian Security Intelligence Service advised the office of Public Safety Minister Steven Blaney of its concerns during a secret September briefing.

CSIS flagged well-known warnings of the persistent menace posed by terrorist groups al-

Qaida, Hezbollah and the more violent and radical Islamic State of Iraq and the Levant, or ISIL, say notes obtained through the Access to Information Act.

But under the heading Domestic Extremism, the spy service also underscored what might be the flip side of that coin — the recent development "of a Canadian online anti-Islam movement, similar to ones in Europe."

CSIS characterized it as an "ongoing risk, particularly as its proponents advocate violence."

The Sept. 18 briefing for Blaney's office came a little more than a month before soldiers were killed in Canadian attacks just two days apart — murders committed by young men that authorities say were motivated by

Islamic extremism.

Shortly after the killings, there was vandalism of mosques in Ottawa and Cold Lake, Alta., threats against the B.C. Muslim Association, and a general increase in reports of public bullying and harassment of Muslims.

However, CSIS is likely more interested in the kind of anti-immigrant, anti-Islam sentiment that has taken root in some parts of northern Europe, even among the middle class, said Lorne Dawson, a University of Waterloo sociology professor and co-director of the Canadian Network for Research on Terrorism, Security and Society.

"They're just not used to dealing with immigrants at all, let alone immigrants that are quite different," Dawson said of

Europe. "We have a much longer track record of immigration in general — waves and waves of immigrants that have come for decades."

Dawson suspects CSIS is motivated by the horrific July 2011 slaughter of 77 people in Norway by Anders Behring Breivik, who penned a manifesto outlining his far-right ideology, including an extreme anti-Muslim outlook.

"In Europe, it tends to attract violent individuals. So if (there's) any chance it's starting to take wings in Canada, then you can see why they're concerned," he said. "I suspect they're just seeking due diligence to be on top of this at the earliest possible moment in light of Breivik."

THE CANADIAN PRESS

## Committee on anti-terror law invites testimony

### List

According to the committee's list, other witnesses include:

- Maher Arar, who was tortured in Syria.
- Chuck Strahl and Deborah Grey, the former and current head of CSIS's review committee, respectively.
- U.S. Department of Homeland Security Secretary Jeh Johnson.
- Craig Forcese and Kent Roach, academics who have raised concerns about Bill C-51.
- Groups representing Canada's Muslim population.

forcement and security officials, both active and retired, are also expected to appear to discuss the legislation.

The Conservatives originally intended to limit testimony on the bill to just four meetings, but later conceded to eight. The hearings will begin next Tuesday with an appearance by Public Safety Minister Steven Blaney and Justice Minister Peter MacKay.

TORSTAR NEWS SERVICE

The House of Commons committee studying the Conservatives' controversial new anti-terror law is expected to call retired spies, former politicians and some of Bill C-51's harshest critics to testify.

A draft witness list obtained by Torstar News Service shows the committee will invite about 70 people. The list includes former Supreme Court justices, lawyers and academics, as well as retired politicians. Law en-



# Netanyahu assails nuclear-Iran deal

**Congress.** U.S. President Obama pushes back against Israeli prime minister's comments

Israeli Prime Minister Benjamin Netanyahu told Congress on Tuesday that an emerging agreement between Iran and the United States would all but guarantee that Tehran gets nuclear weapons and would be a very bad deal, drawing an extraordinarily blunt rebuttal from President Barack Obama.

Netanyahu said "Iran has proven time and again that it cannot be trusted," no matter what it says about permitting verification of the terms of any accord designed to prevent it from getting a nuclear bomb.

"The greatest danger facing our world is the marriage of militant Islam with nuclear weapons," he said in remarks before a packed House chamber that drew loud applause

**Quoted**



**"The greatest danger facing our world is the marriage of militant Islam with nuclear weapons."**

Israeli Prime Minister Benjamin Netanyahu

from Republicans and a more restrained reaction from Democrats, in an appearance that has stirred political controversy in two countries.

Obama saw it differently, and said so from the White House. He said that the Israeli leader offered no "viable alternatives" to the nuclear negotiations with Iran and that the prospect of an agreement had already resulted in a freeze and rolling back of Iran's program.

Netanyahu spoke in English shortly after Secretary of State John Kerry met for more

than two hours in Switzerland with Iranian Foreign Minister Mohammad Javad Zarif in hopes of completing an international framework agreement later this month to curb Tehran's nuclear ambitions.

The Israeli leader's appeal also came two weeks before tight elections in which he is seeking a new term — and after the invitation to address Congress extended by House Speaker John Boehner, a Republican, triggered a political furor in the United States because he did not consult the White House or Democratic leaders in the House and Senate.

More than four dozen House and Senate Democrats said in advance they would not attend the event, a highly unusual move given historically close ties between the two allies.

Many of Netanyahu's comments were greeted by loud applause from U.S. lawmakers, but not everyone was persuaded by his rhetoric.

**THE ASSOCIATED PRESS**



## Thousands forced out after volcano erupts in Chile

The Villarica volcano erupted near Pucón, Chile, early Tuesday. The volcano spewed heavy smoke into the air as lava surged down its slopes, prompting authorities to evacuate the area of thousands of people. Local media showed images of the volcano bursting at the top, glowing in the dark amid heavy smoke and rivers of lava. **ATON CHILE/THE ASSOCIATED PRESS**

**Ferguson**

## U.S. Justice Dept. finds patterns of police racial bias

A U.S. Justice Department investigation found sweeping patterns of racial bias within the Ferguson, Missouri, police department — with

officers routinely discriminating against blacks by using excessive force, issuing petty citations and making baseless traffic stops, according to law enforcement officials familiar with the report.

The report, which could be released as soon as Wednesday, marks the culmination of a months-long investigation. **THE ASSOCIATED PRESS**

**Los Angeles**

## Man killed by police was ex-con

A homeless man killed by police had been released last May from prison after serving roughly 14 years for bank robbery, said a law enforcement official.

**THE ASSOCIATED PRESS**

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## Sex discrimination case. Billionaire denies venture capital firm is run by men

A prominent Silicon Valley venture capitalist who helped direct early investments in Google and Amazon said Tuesday during testimony in a high-profile sex discrimination lawsuit that his firm is not run by men and has many female senior partners.

John Doerr took the stand in San Francisco Superior Court in the lawsuit against venture capital firm Kleiner Perkins Caufield & Byers — a case that has sparked debate over the treatment of women in the high-tech and venture capital fields.

The plaintiff, Ellen Pao, says she was denied a promotion at the company because she is a woman and was fired in 2012 after she complained. Her attorney, Alan Exelrod, has argued Kleiner Perkins had a male-dominated culture where his client received a book of erotic poetry from a male senior partner and experienced retaliation by a male colleague after she broke off an affair with him.

Doerr — a billionaire and

### Women in tech jobs

- Women hold 15 to 20 per cent of the technology jobs at tech giants Google, Apple, Facebook and Yahoo, according to disclosures by the companies.
- Women filled six per cent of the partner-level positions at 139 venture capital firms in 2013, down from 10 per cent in 1999, according to a study released last year by Babson College in Massachusetts.

partner at the firm, which also counts former U.S. vice-president Al Gore among its partners — said he did not recall telling an investigator that women were at a disadvantage at Kleiner Perkins because of the sheer number of men who dominate the venture capital industry.

THE ASSOCIATED PRESS

### Market Minute



**DOLLAR**  
80.06¢  
(+0.28¢)



**TSX**  
15,133.85 (-130.20)



**OIL**  
\$50.52 US (+93¢)



**GOLD**  
\$1,204.40 US (-\$3.80)

**Natural gas:** \$2.712 US (+1.4¢)  
**Dow Jones:** 18,203.37 (-85.26)

# FCC head backs new rules, says Internet needs referee

**Net neutrality.** Last week's U.S. decision expected to trigger lawsuits from broadband providers

The head of the United States' Federal Communications Commission is taking the defence of new Internet regulations on the road.

Speaking at the Mobile World Congress wireless show in Barcelona, Spain, FCC chairman Tom Wheeler said Tuesday that "there needs to be a referee" for the Internet.

The FCC's vote last week approved "net neutrality" rules that prevent Internet providers such as Comcast and Verizon from slowing or blocking Web traffic or from creating Internet fast lanes that content providers such as Netflix must pay for.

Broadband providers and Republicans have been critical of the new rules, and the FCC's decision is expected to trigger industry lawsuits that could take years to resolve.

Verizon has criticized the FCC for basing the new rules on a 1934 law. Wheeler said that the agency "modernized" the old communications legislation, leaving out parts that don't apply to today's Internet. He said that approach has worked well for wireless carriers.



Tom Wheeler, chairman of the Federal Communications Commission, speaks on the impact of recent telecommunications regulation in the United States, at the Mobile World Congress Wireless show in Barcelona, Spain, Tuesday.

MANU FERNANDEZ/THE ASSOCIATED PRESS

### New Internet rules

**"This is no more regulating the Internet than the First Amendment regulates free speech in our country."**

FCC chairman Tom Wheeler

The FCC approved the new rules by a 3-2 vote. One of the dissenting commissioners, Ajit Pai, said the new rules are unpredictable, a situation

which could make Internet providers less willing to come up with new services.

Wheeler said the rules are not intended to block innovation. He said that the agency did not want to impose broad, restrictive rules on the industry but would look at business practices on a case-by-case basis. He said that there will be no rate regulation and that the rules won't hurt network operators' revenue streams from consumer services.

AT&T has said the rules politicize the Internet.

President Barack Obama and many Democrats approve the new regulatory approach. Although Republicans have said they support an open Internet, they want a different approach.

Wheeler did not specifically address the political aspect of the decision, but said "the people against it spawned all kinds of imaginary horrors. This is no more regulating the Internet than the First Amendment regulates free speech in our country." THE ASSOCIATED PRESS

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## Wireless show. BlackBerry unveils four new phones

BlackBerry will launch four new smartphones this year and a new package of cross-platform applications as it continues its "philosophical" shift to making software.

The struggling company unveiled its BlackBerry Leap phone at the Mobile World Congress wireless show in Barcelona on Tuesday. The "low- to mid-" market phone will go on sale in Europe in April. Three more phones will follow.

CEO John Chen says that since he took over a year and a half ago BlackBerry is now "committed to making software as a business. That statement carries a lot."

BlackBerry will roll out BlackBerry Experience, a set of three software packages focusing on security and com-

munications for business and government customers over the next year.

Chen says BlackBerry is "stabilizing" financially, without presenting figures.

THE ASSOCIATED PRESS

### Apple's remote presence

Apple Inc. isn't at the Mobile World Congress show this week, but is making its presence felt, as new phones are inevitably compared with iPhones. Apple is turning over a large portion of its home page, along with billboard and print ads, to photos from its Shot on iPhone 6 campaign to show that people can take quality images with iPhones.

### Cellular service

## 10 carriers bid for wireless spectrum

Industry Minister James Moore says results of the latest auction of wireless airwave licences will be unveiled Friday.

Ten cellular service carriers submitted their bids for the so-called AWS-3 long wave spectrum by the Tuesday deadline in the first of two contests Ottawa has scheduled for this year. Another block of the "invisible infrastructure" that transmits wireless information is to be sold off in April.

Moore reiterated that the auction sets aside 60 per cent of the spectrum for carriers having less than 10 per cent of national market share.

TORSTAR NEWS SERVICE



## VOICES

# HOLISTIC MEETS WESTERN MEDICINE IN CANADA



**STEPHANIE ORFORD**  
readers@metronews.ca

With all the noise around declining vaccination rates recently, you could be forgiven for thinking Canadians were developing a serious distrust in modern medicine.

This is simply not the case, and don't let a fringe minority convince you otherwise.

Yes, alternative medical treatments are on the rise in Canada, according to the Public Health Agency of Canada, but we like our conventional medicine, too. The truth is that most Canadians are pretty happy with the medical care they get. Farah Shroff, an adjunct professor at the University of British Columbia Faculty of Medicine who researches holistic approaches to health, said her surveys of Canadian patients show more than 90 per cent deeply trust their family doctors.

A major reason for the high level of satisfaction may be that the Canadian medical profession is constantly adapting its standards and approaches to emerging research and patients' needs. The profession's approach to alternative medicine demonstrates its adaptability.

When it comes to alternative medicine, most Canadians are having their cake and eating it too, complementing their conventional treatments with alternative ones, said Shroff.

"People are looking to be healthier, and that's why they go to naturopathic doctors. It's in



With anti-vaxxers making so many headlines recently, it may seem as though Canadians are ditching modern medicine, but the evidence suggests they are actually just supplementing it with alternative therapies. **ISTOCK**

addition to, not replacement of," she explained.

More than 70 per cent of Canadians use some form of complementary and alternative medicine (CAM), including acupuncture, naturopathy and massage therapy. According to a 2012 study, people most commonly used alternative therapies to treat back pain, depression, insomnia, headaches, and gastrointestinal illness.

More Canadian mothers-to-be are turning

to alternative birth methods of one form or another, such as self-hypnosis (called hypnobirth) to avoid the use of pain medication.

Home births in Ontario have increased by 23 per cent over five years. And good luck trying to make a same-day appointment with a massage therapist or acupuncturist, said Shroff. They're all booked up due to strong demand.

Canadian doctors have responded and

adapted. For the past 15 years, Canadian medical students have been taught about alternative medicine — not how to practise it, but how to provide informed advice and conventional treatment for the increasing number of patients that use it alongside modern medicine.

An initiative out of the University of Saskatchewan called the Complementary and Alternative Medicine in Undergraduate Medicine Education Project, helps Canadian medical students learn about the issues around patients use of alternative medicine. The initiative emphasizes how important it is for doctors to discuss their patients' alternative treatments with them in an informed and non-judgmental way.

Some alternative treatments are admittedly based on scant evidence (I'm looking at you, homeopathy), but instead of dismissing them outright, Canadian medical professionals are being taught how important it is to listen to their patients and give informed advice.

Those strong doctor-patient relationships make Canadian medical care understanding and flexible, a far cry from the us-versus-the-system view that anti-vaxxers and other small groups shout about.

They help ensure Canadians are informed and safe, whatever treatment they ultimately decide to take.

*Stephanie Orford is a writer based in Vancouver.*

## Health Canada offers reader feedback to vaccine queries

Metro compiled some of the common vaccine-related concerns we've received from readers and forwarded them to the national public health organization for insight and feedback. Here's what they had to say:

### 'Vaccines contain dirty ingredients'

Vaccines undergo several stages of rigorous testing to ensure their safety and effectiveness before they are approved for use. Vaccines are highly purified products, the main ingredient is an immunogen, the killed or weakened germ. It is meant to stimulate the immune system to recognize and prevent future disease.

Vaccines usually contain sterile water or salt solution, and may contain the following:

- **Adjuvants** — help vaccines work longer.
- **Preservatives** — keep multi-dose vials sterile.
- **Stabilizers** — maintain quality during storage.
- **Antibiotics** — prevent bacterial growth.

### 'Vaccines can kill'

The World Health Organization estimates that every year, more than two million deaths are prevented worldwide due to immunization.

Vaccine-associated deaths are extremely rare in Canada, most often related to a severe allergic reaction such as anaphylaxis. However, anaphylaxis can also result from antibiotics used to treat the vaccine-preventable disease.

If an unvaccinated child catches the real disease in Canada, the result can be serious, or even fatal.

This is because active germs multiply quickly, and your child's immune system is not prepared to defend itself.

### 'The schedule compromises kids' immune systems'

Currently recommended vaccines are highly purified and usually have much less risk for adversely affecting a child's immune system than the natural infection.

The vaccines recommended for children use only a small portion of the immune system's "memory." Research shows that your child's immune system can easily handle more than one vaccine safely and effectively.

Only vaccines shown to be safe and effective given together are given at the same time. Giving several vaccines at one time keeps children safe by protecting them against more diseases.

### 'My child got autism after vaccination'

Vaccines are sometimes blamed for conditions that are poorly understood. A child's first year of life is a time of tremendous development, and a time when serious problems may start to appear. It is also the time when most vaccines are given, but this does not mean that vaccines cause these problems.

Many of our vaccines have been in use for decades with no evidence of long-term adverse effects.

Some claim that vaccines cause autism, seizure disorders, multiple sclerosis or Crohn's disease, among other health problems. These connections have never held up to scientific scrutiny.

### 'The risk isn't worth it'

Unvaccinated children have a much greater risk of having a complication from the natural infection than the rare risk for a serious adverse reaction from the vaccine.

With any medicine, there is always a small chance of an allergic reaction. True anaphylaxis reactions are rare (one in 100,000 to one in a million doses) but are reversible with proper treatment.

The reactions usually start shortly after immunization is received. For this reason, a nurse or doctor will need to watch your child for 15 to 30 minutes after receiving a vaccine. Stay in the clinic for that period of time and watch for signs of a reaction.

### 'If vaccines are so effective, why do people still get sick?'

Vaccines work very well, but they aren't 100 per cent effective. In countries where vaccination rates are high, disease rates are low. In countries where vaccination rates are low, disease rates are high.

For herd immunity to be effective, as many people as possible must be vaccinated.

The efficacy of a two doses of the measles vaccine given to infants is nearly 100 per cent.

However, due to the high infectivity of measles (each case may infect 12 to 18 others) at least 95 per cent of the population needs to be immunized to develop herd immunity.









Gossip

NED EHRBAR

METRO'S TAKE  
ON THE WORLD  
OF CELEBRITIES



Tensions are reportedly running high behind the scenes at *The Voice*, no matter how chipper the chair-spinners look on air. Adam Levine is apparently feuding with fellow judge Pharrell Williams, as Levine is "feeling shafted by Pharrell behind-the-scenes," a source tells Radar Online. "Not only is Pharrell taking the contestants

Pharrell ALL PHOTOS: GETTY IMAGES

# Here's your hat, what's your hurry?

that Adam would have generally locked in with ease, but he is also a favourite among the production staff."

Ouch. Nobody wants to feel like the production staff's passing them over for the newer, more be-hatted model. According to the source, though, staff may have good grounds for not favouring Levine: "Adam is just jaded after doing it for so many seasons," the source adds. "Production staff are saying that not only does Adam act like an a--hole, but he is totally jealous of Pharrell, and this season has brought out his true colours."

Quoted



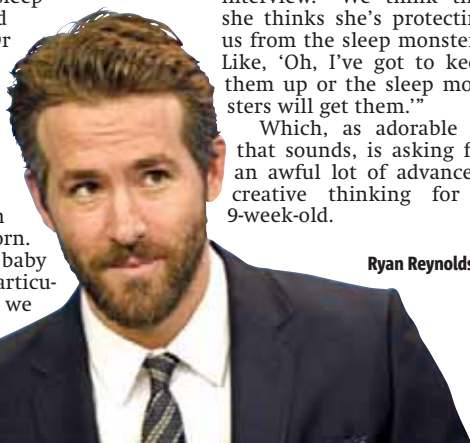
"This season has brought out his true colours."

A source says of Adam Levine

## New papa Ryan really needs a nap

New dad Ryan Reynolds has some theories as to why he's so sleep-deprived lately. Or maybe he's just trying to put a positive spin on life with a newborn.

"Our baby in particular is, we think,



Ryan Reynolds

allergic to sleep," he tells Jimmy Fallon during an interview. "We think that she thinks she's protecting us from the sleep monsters. Like, 'Oh, I've got to keep them up or the sleep monsters will get them.'"

Which, as adorable as that sounds, is asking for an awful lot of advanced, creative thinking for a 9-week-old.

## Sarah, that's a big name for a wee guy

OK, so some men apparently give their — ahem, members — nicknames. That's a thing, I guess.

But hey, I'm all for new opportunities for creativity. And you'd have to get pretty creative to top the name *Masters of Sex* star Michael Sheen gave his, at least if girlfriend Sarah Silverman is to be believed.

Completely unprompted, Silverman took to Twitter to announce, "My boyfriend named his penis. He named it 'The Great Christine Baranski.'" Which sounds like a mouthful, honestly.



Sarah Silverman and Michael Sheen

## May the force be with Lego

The recently concluded first season of Disney XD's *Star Wars Rebels* was apparently just the beginning of the network's plans to bring the galaxy far, far away to the small screen. And their next trick sounds, dare I say, awesome. According to the *Hollywood Reporter*, we can soon look forward to *Star Wars: Droid Tales*, which will feature C3PO and R2D2 just after *Return of the Jedi* rehashing the first six films in the franchise over the course of five episodes set to air later this year. Oh, the whole thing is done with Legos, like *The Lego Movie*. Awesome.

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## TOP SIX @ 6

Weeknights at 6 Kat counts down the HOTTEST songs of the day

- 6 Ellie Goulding Love Me Like You Do
- 5 Nick Jonas Chains
- 4 Pitbull ft Ne-Yo Time Of Our Lives
- 3 Taylor Swift Style
- 2 Rihanna ft Kanye West & Paul McCartney FourFiveSeconds
- 1 Ed Sheeran Thinking Out Loud



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2 SCENE

# CSI: Cyber is not just about cops on laptops

**Prime-time.** Actor James Van Der Beek joins crime-fighting franchise to chase down online baddies

NED  
EHRBAR  
Metro in Hollywood

Former Dawson's Creek star James Van Der Beek has joined the latest spinoff of the CSI franchise, CSI: Cyber. Here's why he wants fans to watch the show:

**Because he's trying something new:** I love to shake it up. I can't do just one thing for too long. I had a great time doing comedy. I did it for three years, I had two shows picked up and when I got this offer I thought maybe it is time to come full circle and come back to my dramatic roots and solve some crime.

**Because come on, it's more CSI:** Three letters motivated me: CSI. It's one of the big-

gest television franchises in the world, so to play a lead on something like that is a huge honour. I don't know what possessed CBS after my comedy work to think, 'Hey, we need somebody to kick some ass in the show, why don't we offer it to that guy?' But I'm really glad they did.

**Because it's not just going to be cops with laptops:** I mean, a show about four people staring at a screen for an hour is generally not the most engaging television. This is a blend of cybercrime-fighting technology and old-school techniques, because the computer stuff is really fascinating, but it all eventually manifests in the real world. Behind all the cybercrime is a real human being who lives in a real location and has a real door that may or may not need to be kicked down.

**Because it's a frighteningly big subject matter:** I thought I was pretty savvy about cybercrime, but after speaking to the experts who were advising the show, I realized I was



James Van Der Beek and Shad Moss speak during a CSI: Cyber panel in January. CSI: Cyber premieres Wednesday at 10 p.m. on CTV. GETTY IMAGES

completely in the dark — both fortunately and unfortunately. The well of cybercrime is bottomless, which for a storyteller is great because you never run out of storylines. I hope this show does enlighten people as to just how much this kind of crime can hap-

pen to you and what steps you might want to do to just be careful and be aware and hopefully prevent it.

**Because he's finally FBI age-appropriate:** I think, like, 10 years ago I wanted to play an FBI agent, but I just wasn't

old enough. I didn't look old enough, certainly, and it was a blessing. And then just when I least expected it, I got offered the FBI agent.

**Because he's not Dawson anymore:** In the last 10 years, I've grown up a lot. I've gotten

married, I've had kids and just really gained a lot of perspective and a lot of appreciation for being able to work in this industry and being able to provide for my family by doing it. I just have a lot bigger suitcase to reach into for my bag of tricks emotionally.

## Gritty new drama explores racial tensions in the States



American Crime stars Benito Martinez as Alonzo Gutiérrez. CONTRIBUTED

To say that the gritty new TV drama American Crime is imbued with racial undertones is not enough for star Benito Martinez.

"Saying it's an undertone of race is being polite," he pointed out during a visit to Toronto last summer.

"I think race is right in your face the whole time. But it's not about racism. It's about different races, and their different views and their different realities.

"In a not-so-subtle way," he added, "it's about what you think you know about these people, who you actually don't know anything about."

Debuting Thursday on CTV and ABC, American Crime explores the aftermath of the

murder of a young war veteran during a home invasion.

Felicity Huffman and Timothy Hutton portray the struggling parents of the deceased, while Martinez stars as the widowed father of the accused.

The show was created by John Ridley, who won an Academy Award for writing 12 Years a Slave and directed the warmly received Jimi Hendrix biopic All is By My Side.

Huffman has won an Emmy and a Golden Globe while also reeling in an Oscar nomination, and Hutton is also an Academy Award winner.

Surrounded by decorated screen veterans, Martinez was certainly appreciative of

the pedigree of the cast and crew.

"Everything about (the show) has just been like: 'Don't pinch me, because I do not want to wake up,'" he said.

Well, he does have a knack for working his way into challenging, dark TV fare.

In recent years, he's found recurring roles as an undercover CIA agent on the biker yarn Sons of Anarchy and as a Republican senator on the gloomy House of Cards.

To most audiences, however, he's still most familiar for his portrayal of the ambitious police captain-turned-politician David Aceveda on the influential, pitch-black cop saga The Shield.

THE CANADIAN PRESS

### 'I'm like the luckiest guy'

"Look, I know I'm like the luckiest guy on the planet," Martinez said of his resume. "When we were doing The Shield, we had incredible support from the network — we were on FX. We wanted to be the bridge between network television and HBO."

- "ABC has taken this show, which you would probably see on a cable network, and they put it on prime time," he added. "They said, 'Yes, we're going to tell stories like this.' It's a whole new ball game now."

### Strange Empire

#### CBC cancels its edgy drama after just one season

CBC's dark western Strange Empire has been cancelled.

The public broadcaster says the rookie series, which premiered last October, is ending, but gave no further details.

Strange Empire was set in 1869 on the Alberta-Montana border and centred on a group of women who band together to survive.

When it premiered, the show was touted as an example of the CBC's bold new direction in the wake of budget cuts and the loss of NHL broadcast rights.

THE CANADIAN PRESS

### Online piracy

#### Season 3 of House of Cards twice as pirated as Season 2

Less than 24 hours after premiering on Netflix, the third season of House of Cards had already been illegally downloaded 680,000 times worldwide, according to the piracy tracker Excipio. In



Kevin Spacey and Robin Wright in House of Cards. CONTRIBUTED

2014, the second season was pirated 320,927 times during the day after its release. AFP

### Streaming

#### Orange is the New Black Season 3 coming to Netflix

The third season for the award-winning



prison-based drama will be available to stream in all Netflix territories starting on June 12. As well as being reunited with Taylor Schilling's portrayal of prisoner Piper Chapman, fans of the show will be getting an extra episode. AFP

Taylor Schilling  
GETTY IMAGES



# It's time to take on Belfast

**City tour.** With the Troubles behind it, Northern Ireland's capital is finding its groove

Belfast may seem an unlikely destination for tourists, associated as it is with the Catholic-Protestant conflict known as the Troubles. But the city has been transformed in recent years and is now a cosmopolitan place with plenty to see and do, much of it free.

## Churches and street art

Visit Catholic and Protestant churches on Sunday. It's a free, safe, educational and potentially entertaining experience. You might even get a tour or lunch at someone's home. Ian Paisley's Martyrs Memorial, the Free Presbyterian Church of Ulster, is used to visitors at the 11 a.m. Sunday service and greets strangers with great hospitality. In Catholic west Belfast, the twin-spired St. Peter's Cathedral offers a half-dozen weekend masses, including evenings.

As you visit various neighbourhoods, you may see street murals with very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's *Guernica* and expressions of solidarity with Palestinians and Cuban political prisoners. Murals in the Protestant loyalist heartland, called the Shankill, memorialize the community's commitment to Northern Ireland's union with Britain and the residents' Ulster-Scots culture. Graffiti and scribbles on a peace wall on Cupar Way include messages from tourists.

## Titanic Quarter

Belfast has reconnected with the story of its most famous creation, the Titanic. The area surrounding the defunct



The Titanic House Visitor Centre is part of the area surrounding the now-defunct shipyard where the Titanic was built. THE ASSOCIATED PRESS

## Irish music

- **For the cost of a pint.** Many pubs offer free traditional Irish music. Venues include Kelly's Cellars, tucked away in an alley in the city centre with a history going back centuries. A group called the United Irishmen met here in 1798 to plot a failed rebellion against the English.

shipyard where the ocean liner was built is now called Titanic Quarter. Various Titanic-themed attractions charge admission, but it costs nothing to marvel at the huge exterior of the Titanic Experience, which mimics the hulls of ocean liners. You can also walk on the huge slipways where the Titanic was built and launched in 1911. In what was once the docks area, you'll find memorial sculptures.



Street murals in various Belfast neighborhoods offer very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's *Guernica*. THE ASSOCIATED PRESS

## St. George's Market

Every Friday and weekend this

Victorian market offers a showcase for local crafters and food

stalls. A long-derelect landmark, St. George's Market was given a new lease of life with a multi-million redevelopment in 1997. It will cost you to buy souvenirs or indulge in an Ulster fry (a big breakfast heavy on meat and bread), but there are free samples along with free music and it's an ideal place to learn about local food.

## University Quarter

The University Quarter remained a lively evening destination even in the darkest days of the Troubles. Next door to the majestic red brick Queen's University, founded by Queen Victoria, are the Botanic Gardens, with a glass house, a hot house, rose gardens and places where students can sunbathe between lectures. It's free, as is the Ulster Museum, which houses an ancient fish, the coelacanth, and the city's resident Egyptian mummy, Takabuti, among other treasures telling Ireland's story from prehistory to the present day.

THE ASSOCIATED PRESS

3  
FREE

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# The importance of an introvert in the office

**Career.** You may find an indispensable employee in the shy professional

JINGWEI YAN

TalentEgg.ca

In the workplace, introverts are often compared to their more extroverted colleagues. People with extroverted qualities are often assumed to be more sociable and outgoing, while those with introverted qualities are seen as quiet and shy.

While these may initially seem like disadvantageous attributes, it is important to remember that these are just stereotypes.

Personalities are diverse, and there is always a way to use your qualities to an advantage.

This article will highlight instances where having and developing the qualities of introversion can help you

## Creating the 'right' moment

Sometimes you may find yourself not speaking up because you're waiting for the "right" moment to jump in.

- Often, our perceived idea of the "perfect" moment never arises — there may be no natural pause in the conversation, and you may feel uncomfortable risking cutting off a colleague mid-sentence.

- Instead of passively waiting for your opportunity to chime in, create it. If you're in a meeting, catch the meeting leader's eye or raise your hand; if he or she gives you the go-ahead, seize your moment to speak. Combined with your effective listening skills, you will be able to distinguish yourself by contributing valuable insight to the team.

excel in the workplace.

## Listening skills

If you find speaking up in a group or a meeting uncomfortable, think of this as an opportunity to develop your listening skills. Listening skills are more than just the ability to hear and understand someone else's speech.

It involves your attention to body language and to what is not being said.

In meetings, take detailed notes and then offer the meeting leader your input in a quick one-on-one talk after the meeting.

This gives you the chance to not only establish a closer rapport but also offer well-considered feedback without the pressure of everyone's eyes on you.

## Focusing

There is absolutely nothing wrong with wanting to

work alone. If this is how you are most productive, others will respect that. After all, this is how you produce your best work.

There will always be projects that require teamwork.

For these instances, ensure each team member is assigned a role and a set of responsibilities, so that you can take your piece and work on it.

Just make sure you attend progress meetings and keep your teammates up to date on your work.

If your desk is in an open-plan office, consider wearing headphones as a visual sign to your colleagues that you are working.

Or if there is an empty conference room, take your laptop and coffee there. It would be best to block off the same time everyday so your colleagues become familiar with your schedule.

Of course, make sure this complies with management first.



The value of individual introversion in the workplace is often overlooked. ISTOCK

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# Your first move as mentor

**Career.** You've finally landed that coveted position and now it's time to give back

ALLISON TSE

TalentEgg.ca

So you've got that dream internship or full-time job, and you think you finally have a sense of where your career is headed. You may be tempted to sit back and relax — but hold on, the work's not over yet.

Seeing that you've just achieved a major career milestone, this is a critical opportunity for you to give back by becoming a mentor. Whether it's helping a younger student from your university or college, or a new intern at work, here are four reasons why mentoring others can move your career forward.

## You'll become more 'well-rounded'

Mentoring is a chance to acquire valuable leadership skills in the early stages of your career. These skills include: giving constructive feedback, communicating in a clear and concise way, and



Remember that mentoring is one of the best investments you can make in your career, with benefits that will take shape in more ways than one. ISTOCK

being decisive.

Developing these skills in a low-pressure environment will create multiple opportunities for learning, and will ultimately set you apart from your peers. As the relationship progresses, you'll also be able to ask your mentee for honest feedback that will allow you to further improve.

## You'll see how other people solve problems

While guiding your mentee through a situation, you may notice that he or she finds a unique solution to an issue that you would have never arrived at. Mentorship is a rare opportunity to gain

a closer view into another person's perspective and decision-making process, and simultaneously learn from it.

## You'll reflect on your own actions and learn from them.

As you mentor someone else, you'll likely provide candid advice based on your own successes and failures.

Sharing your experiences will encourage you to reflect on the past and pinpoint what you may have done differently today. Along the way, you'll come to appreciate how your skills, maturity, and judgment have progressed.



# Soup goes from lunch to dinner appetizer

**Recipe.** Mushroom Chowder is so versatile that it can be served as a dish while entertaining, or with a sandwich for your family members



**DINNER EXPRESS**  
Emily Richards  
food@metronews.ca

## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

This soup makes plenty for a crowd as dinner appetizer, or to be enjoyed alongside a sandwich or salad for lunch.

You can also slurp it warmed up when you come home late, as my good friend Chef Tom Phuong, the man behind this recipe, does after a long shift at the Fairmont Royal York hotel in Toronto.

I love mushrooms and what they have to offer, and Tom's soup has a true mushroom flavour and really allows you to incorporate a nice variety of mushrooms.

I left the version I made a bit chunky. But for a smoother texture, purée the soup in batches in blender and return it to the soup pot to add the remaining ingredients.

If you want to speed up the cooking process, omit the mushroom stock and use 8 cups (2 l) of homemade or store-bought sodium-reduced vegetable broth and adjust the seasoning to taste.

The Mushroom Chowder



This recipe makes 10 servings of 1 cup (250 ml) each. EMILY RICHARDS

**TOTAL TIME**  
ABOUT 35  
MINUTES

### Ingredients

- 2 pkgs (227 g each) button mushrooms
- 1 lb (454 g) shiitake mushrooms, stems removed for stock
- 8 oz (227 g) oyster mushrooms, tough stems removed for stock
- 1 small portobello mushroom cap, stem removed and gills scraped out
- 2 tbsp (30 ml) butter
- 1 shallot, diced
- 1 onion, coarsely chopped
- 1 leek, white part only, thinly sliced
- 1 stalk celery, chopped
- 1 tbsp (15 ml) chopped fresh thyme
- 1 tbsp (15 ml) chopped fresh tarragon
- 2 bay leaves
- 1/3 cup (75 mL) white wine
- 1/2 cup (125 mL) 35% whipping cream
- 1 1/2 tsp (7 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper

### Mushroom Stock

- 2 cups (500 ml) shiitake and oyster mushroom stems
- 4 sprigs fresh thyme
- 2 sprigs fresh tarragon
- 1 leek, white and light green part only, chopped
- 1 stalk celery, coarsely chopped
- 1 onion, coarsely chopped
- 2 bay leaves
- 1 tsp (5 ml) whole black peppercorns
- 8 cups (2 l) water

Stir in wine until evaporated. Add mushrooms and pour in mushroom stock; cover and bring to a boil for about 15 minutes or until mushrooms are tender. Remove bay leaves and using immersion blender, blend soup until smooth or to your desired texture. Stir in cream, salt and pepper, and heat until steaming.

will easily keep refrigerated for up to three days, making it a great make-ahead soup.

### Directions

**1.** Mushroom Stock: In a large pot, combine shiitake and oyster mushrooms

stems, thyme, tarragon, leek, celery, onion, bay leaves and peppercorns. Pour in water and bring to a boil. Reduce heat and simmer for 20 minutes. Remove from heat and let stand for 5 minutes. Strain

stock through fine mesh sieve into another pot or large glass measuring cup, discarding the vegetables; set aside.

**2.** Meanwhile, thinly slice button, shiitake, oyster

and portobello mushrooms; set aside. In soup pot, heat butter over medium high heat and cook shallot, onion, leek, celery, thyme, tarragon and bay leaves, stirring often for about 10 minutes or until golden.

## Mushroom caps meet Buffalo Chicken

Mushrooms are meaty and satisfying, yet a cup has just 15 tiny calories (and two grams of protein). Plus, they offer a dose of antioxidants, vitamins, minerals and dietary fibre.

But the real benefit is that the deep flavour of mushrooms will make you completely forget you are eating something healthy.

Since gametime snacks could use a healthy kick, take all the flavours of a Buffalo wing and stuff them into a mushroom cap, then bake it.

**1.** Heat oven to 375 F. Line rimmed baking sheet with foil, then mist with cooking spray.

**2.** Use damp paper towel to wipe mushroom caps clean, then season with salt and pepper. Set aside.

**3.** In sauté pan over medium heat, melt butter. Add shallot and garlic and sauté until soft, about 3 minutes. Add kale and sauté until wilted. Add lemon juice, cover and allow to steam 2 minutes. Uncover, remove pan from heat and stir in chicken.

**4.** In bowl, mix cream cheese, hot sauce and blue cheese crumbles. Add kale and chicken mixture to cream cheese mixture and mix well. Spoon

cheese filling into mushroom caps, then arrange filled caps on prepared baking sheet. Mist tops lightly with olive oil cooking spray, then bake 25 minutes, or until tops are

golden and mushrooms are tender.

**THE ASSOCIATED PRESS / MELISSA D'ARABIAN, AN EXPERT ON HEALTHY EATING ON A BUDGET AND AUTHOR OF SUPERMARKET HEALTHY.**

### Ingredients

- Two 10-oz packages medium white button or cremini mushrooms, stemmed
- Kosher salt and ground black pepper
- 1 tbsp butter
- 1 shallot, minced
- 3 cloves garlic, minced
- 1/2 bunch kale, stems removed,

finely chopped (about 1 cup)

- 1 tbsp lemon juice
- 3/4 cup chopped cooked chicken
- 8 oz light cream cheese, softened
- 1/4 cup hot sauce
- 1/4 cup blue cheese crumbles
- Olive oil cooking spray



This Buffalo Chicken and Kale Stuffed Mushrooms recipe makes 15 mushrooms. MATTHEW MEAD/ THE ASSOCIATED PRESS





Fraudsters are using new high-tech scams to get your money. SHUTTERSTOCK

# ID fraud expected to rise in 2015: Experts

**High-tech.** Criminals have become experts at online scamming

**BRENT JOLLY**  
For Metro

While social insurance numbers, health cards or simply a name and address remain the timeworn treasures of identity thieves, industry experts expect the scale and complexity of scams will continue to rise in 2015, particularly in the digital world.

"Over the last few years we have seen a sharp increase in digital skullduggery," said Daniel Williams, a senior call-taker supervisor with the Canadian Anti-Fraud Centre (CAFC) in North Bay, Ont. "The Internet has helped scammers get information from consumers a lot cheaper and easier," he said. "Right now, the sky is the limit."

According to current CACF statistics, 11 of the top 20 kinds of fraud involve the Internet. Williams said the No. 1 fraud is what he calls the "Microsoft virus scan" scam.

In this case, fraudsters swindle unsuspecting computer owners by calling them and claiming to be from a company, such as Microsoft, who need to repair an error on your personal computer. Once they have access to your computer, your digital security has been compromised, Williams said.

"These scammers are incredibly skilled and a lot of ingenuity is put into their schemes. And they are richly rewarded for it."

Jennifer Fiddian-Green, a forensic accountant with Toronto-based Grant Thornton LLP, agrees with Williams. She said consumers need to be aware that identity theft and fraud have become significantly more complex.

In particular, Fiddian-Green

said many criminals are attempting to impersonate private business owners through emails to their own staff. For example, she said cybercriminals will send emails to chief financial officers, or whoever manages the company's corporate bank account, by pretending to be an executive who needs to wire money.

"These emails are remarkably assembled, personal and look exactly like real ones that would be sent within a firm," Fiddian-Green said.

Her best advice? Look for tell-tale signs in the email, such as an extra letter or period that is out of place. Be sure to ask questions to make sure you know who you are dealing with.

"A lot of what scammers are doing right now will continue to be successful," Williams said. "There is no reason to believe they will stop using techniques like phishing emails, or bogus websites."



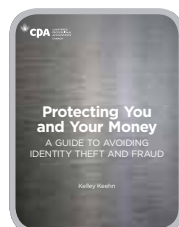
## 1 IN 3 CANADIANS IS A VICTIM OF FRAUD

Identity theft is a rapidly growing crime in Canada—mass marketing fraud alone totalled more than \$52 million.

Protect yourself with tips from fraud and identity theft experts in this must-read book, *Protecting You and Your Money: A Guide to Avoiding Identity Theft and Fraud*.

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## Family finances. Have money discussions with your kids early

**LIZ BROWN**  
For Metro

Talking to your children about money management should be as natural as talking to them about eating healthy and making smart food choices, said Tamar Satov.

"As parents, we naturally give lessons about nutrition," she said. "We should apply that technique to financial matters."

Satov, who writes the Raising Money-Smart Kids blog for [financialdecisionsmatter.ca](http://financialdecisionsmatter.ca), said money discussions should begin as soon as parents think their kids can understand what money is.

"I started talking to my son very early about money. Even at age four or five I would let him pay for things at the corner store so there's that sense of getting things for money."

Satov said setting up an allowance for children is a great way to start teaching youngsters about budgeting, saving, and making their own purchases. She started giving her son Adam a \$2 per week allowance when he was five years old.

"If kids have some of their own money, they'll feel they



Talking to your kids about savings and budgeting should be as natural as talking to them about eating healthy. SHUTTERSTOCK

have a stake in financial decisions," she said.

An allowance can let parents teach their children the value of a dollar and how to delay gratification. By setting up a calendar, children can see how many weeks it will take to reach their savings goals for bigger ticket items, or they can spend their allowance immediately.

A small allowance also allows children to make financial mistakes when the stakes aren't that high. Satov points to a time her son used his allowance — saved over several weeks — to buy a video game that he didn't

really want because the one he did want was out of stock, but he wanted to leave the store with some kind of purchase.

"He experienced buyer's remorse and that's a fantastic thing to learn at a young age. We can remind him of that in subsequent situations."

The old-fashioned lemonade stand is also a great way to get younger children involved in learning about how money works.

"You can take them to the store and they can track how much the supplies cost versus how much they charge."



# Help for Canadians confused by tax forms

**Resources.** Many people find filling out their taxes overwhelming

**BRENT JOLLY**  
For Metro

With tax season lurking in the shadows of the holiday season, Canadians may want to do a little homework. For example, do you understand the difference between “tax avoidance” and “tax evasion”?

“For those who don’t deal with tax issues every day, it can be a complex area to navigate,” said Gabe Hayos, vice-president, taxation, with the Chartered Professional Accountants (CPA) of Canada.

Hayos defines tax evasion as an illegal activity where a taxpayer breaks the law. A common example of this could be a small business owner who fails to declare certain revenues to the Canada Revenue Agency (CRA).

Tax avoidance, by contrast, is a legal practice that allows citizens to reduce one’s tax



Taxes can be a complex area to navigate for some. SHUTTERSTOCK

burden within the constraints of the law — through a registered retirement savings plan (RRSPs), for example, or by choosing to incorporate a small business.

For conceptual clarity,

Hayos recommends consumers eschew the term “tax avoidance” and replace it with the term “tax minimization.” Doing this, he said, should help consumers better understand how they can gain the

greatest advantages under the federal Income Tax Act.

For example, last October, the federal government announced a \$3-billion plan to overhaul the family taxation system. Policy tools

contained in this proposal, such as income splitting and increased tax deduction for child care expenses, are good examples of tax minimization in action because they are designed to encourage

certain kinds of consumer behaviour.

“I think the (federal) government is doing a better job of communicating how people can minimize their tax bill,” Hayos said.

More Canadians would benefit from a straightforward reduction in the tax rate than by the government implementing additional boutique tax credits, Hayos said.

“I think the simplification of the tax system — so that people understand exactly what their obligations are — is an important way to ensure better compliance and satisfaction with the system,” he said.

If unsure about how to declare certain income, such as for freelance work or self-employed salespeople, Hayos recommends you visit the CRA’s webpage or contact a government official directly. Alternatively, he suggests you might consider hiring a tax professional.

“It is important for people to consult with an expert so they understand their rights, obligations and risks,” he said.

## Real Estate Title Fraud: It Can Happen To You!



Imagine...

You receive a phone call and learn that you no longer own your home. A fraudster used personal information to impersonate you and transfer the property’s title from your name to theirs. The fraudster is now free to sell or re-mortgage the property for themselves or register a mortgage with the intent of walking away with the proceeds. When the lender fails to receive regular payments, proceedings commence to sell your home — all from a mortgage you knew nothing about.

In either case, you are left with the heavy burden of defending your title — a stressful, costly and time-consuming process.

This scenario is called real estate title fraud and is an unfortunate potential reality for any homeowner. Thankfully, protection from losses arising from these types of

frauds is available in most title insurance policies for residential homes.

Homeowners who did not obtain title insurance at the time their property was purchased can order an Existing Homeowner Policy which can provide peace of mind in knowing that one of your most significant investments — your home — is protected from many of the losses that can occur as a result of being the victim of real estate title fraud.

The Existing Homeowner Title Insurance Policy is available for a low, one-time premium and is ordered through your real estate lawyer. Coverage lasts for as long as you own your home, and there is no deductible should you make a claim under the policy for title fraud coverage.

For more information, contact your real estate legal professional or visit [www.stewart.ca](http://www.stewart.ca).

*\*This is intended to provide information of a general nature only. Please review your actual policy for full coverage details.*



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# Rainmen bounce back in a big way

## NBL Canada playoffs.

No let-up in easy victory over Miracles night after collapse



**PHILIP CROUCHER**  
philip.croucher@metronews.ca

Redemption is what they sought. Redemption is what they earned.

After an embarrassing home loss a night earlier that saw the Halifax Rainmen blow an 18-point fourth-quarter lead, the National Basketball League of Canada franchise needed a bounce-back performance against the Moncton Miracles in Game 2 of their best-of-five opening-round playoff series.

Mission accomplished.

The Rainmen smoked the Miracles 129-94 at the Scotiabank Centre Tuesday evening to even the series 1-1 with Game 3 on Sunday afternoon in Moncton.

Game 4 is also in Moncton on Tuesday night.

"We had to win," said Rainmen owner and general manager Andre Levingston, whose team led from start to finish and scored a whopping 46 points in the fourth quarter.

"Monday night was a tough loss. But I think it will do us more good than bad because we are playing a really good basketball team ... We played well all four quarters tonight."

Another positive for Halifax was a larger turnout, according to Levingston, after the team drew less than 1,000 fans for Game 1.

Levingston admitted it's



Clifford Clinkscales of the Halifax Rainmen steals the ball from Shawn Vanzant of the Moncton Miracles in Game 2 of their Atlantic Division playoff series on Tuesday night. MONA GHIZ/METRO

### Game 2

129

Rainmen

94

Miracles

not easy drawing good playoff crowds when your games are on a Monday and Tuesday night — especially in the winter — but those were the best available dates.

He noted if the series goes to a fifth and deciding game

back in Halifax, the do-or-die contest won't be played at the Scotiabank Centre because the venue is booked.

While he hopes the series doesn't go the distance, if it does, the Halifax Forum is what they are eying.

"I definitely would like to see our playoffs taken into consideration (more), for sure. But at the same time, it's a business they are running," he said of Trade Centre Limited, which runs the Scotiabank Centre, and has the Halifax Mooseheads, CIS men's hockey final and world curling championships all upcoming in the next

### Quoted

"Tonight they did a lot of good things on the court."

Owner Andre Levingston on the Rainmen

few weeks.

"Naturally, we like to play all our games there. Home court advantage is so key."

Kevin Young, who had 27 points and 17 rebounds, led Halifax on the scoresheet Tuesday. Forrest Fisher added 20 points off the bench, while Nigel Spikes netted 13.

### MLB

## Sanchez roughed up in Jays' first spring game

Toronto starter Aaron Sanchez ran into trouble early Tuesday as the Blue Jays opened their Grapefruit League schedule with an 8-7 loss to the Pittsburgh Pirates.

Pedro Alvarez, Jung Ho Kang and Elias Diaz homered for the Pirates, who led 6-0 early.

Kevin Pillar homered for Toronto, which made it close on Josh Thole's two-run single with two outs in the eighth and another run in the ninth when the Jays left the bases loaded.

Sanchez finished last season as Toronto's closer but is being given the chance to earn a regular spot in the rotation.

Five runs (two earned) in 1-1/3 innings proved to be a tough start to spring training for Sanchez, who did not give up an earned run in six games in spring training last year.

THE CANADIAN PRESS

### NHL

## Flames down Flyers in overtime

Jiri Hudler scored 1:23 into overtime to give the Calgary Flames a 3-2 win over the Philadelphia Flyers on Tuesday night.

The Flames won for the second time in six games as they try to make a push in the Western Conference playoff race.

It was a successful homecoming for 21-year-old rookie and New Jersey native Johnny Gaudreau, who assisted on the winning goal.

THE ASSOCIATED PRESS

# Leafs' Kessel plays defence for his captain

Phil Kessel is mad as hell about how Dion Phaneuf is treated by the Toronto media, and he's not going to take it anymore.

Kessel offered a passionate defence of the Maple Leafs' captain on Tuesday and said he was fed up with how certain media members talk about the team's No. 1 defenceman.

"I think you guys unfairly criticize Dion," Kessel said after the team's morning skate in Sunrise, Fla. "He's our best defenceman, and you guys act like he's not trying out there and this and that. It's em-

### Tweet storm

Kessel's comments came on the same day that Phaneuf threatened legal action after TSN aired an insinuating fan tweet about his wife Elisha Cuthbert and teammate Joffrey Lupul during Monday's trade deadline coverage. TSN issued an on-air apology later in the day.

barrassing. I'm embarrassed for some people and things

they've said about him."

Kessel said media members should be "ashamed" of what they've said to and about Phaneuf. The star right-winger, who like Phaneuf is signed to a lucrative long-term contract, said there's an unfair amount of blame put on the captain for the Leafs' struggles.

"Is it his fault we're losing? No. Did he build this team? No," Kessel said. "It's not Dion Phaneuf. The stuff he takes, the crap he takes, the things people say, I'm just tired of it here." THE CANADIAN PRESS



The Maple Leafs' Phil Kessel, left, laid into the media over their treatment of teammate Dion Phaneuf. GETTY IMAGES FILE



## 2015 Buick LaCrosse

- **Type.** Four-door FWD/AWD full-size sedan
- **Engines.** 3.6-litre V6 (304), 2.4-litre I4 with eAssist (182)
- **Transmissions.** Six-speed automatic
- **Price.** Base-tested price (incl. destination) \$37,595/\$52,245

## Market position

With the discontinuation of Lucerne, the 2015 Buick LaCrosse is the company's largest and most luxurious sedan. This is a premium brand focused on classy styling, and comfortable road manners. It is geared towards mature, upscale buyers, many of whom currently shop Lexus.

## Points

- Utilizes long version of GM's midsize FWD platform, which it shares with Chevrolet Impala and Cadillac XTS.
- V6 models can be configured with all-wheel drive.



All-new model for 2010, with major facelift and updates for 2014.

## Interesting features

Very generous back seat space and comfort; I4 models add electric motor and auto stop/start for "mild hybrid" format; new OnStar system with 4G LTE and Wi-Fi hotspot.

# Quietly adept at everything



PHOTOS: MIKE GOETZ

**Review.** Buick's largest sedan, the LaCrosse, is also its most luxurious

MIKE  
GOETZ  
drive@metronews.ca

With Cadillac and Chevrolet in the family, Buick can play in the space between mainstream and premium, and overlap those markets whenever it sees fit.

Buick's largest sedan, the LaCrosse, does this perfectly.

You can load it up with technology and leather bits so it effectively competes with luxury nameplates that bring the top-shelf stuff as standard equipment, or you can opt for a smaller serving of premium features, and still drive away in big, comfy sedan with a bit of upscale swagger.

And based as it is on a stretched version of GM's front-

wheel-drive midsize platform, LaCrosse effectively competes against a lot of nameplates — basically anything large and FWD-based — from both the mainstream and luxury brands. Think Toyota Avalon, Chevrolet Impala, Lexus ES, Nissan Maxima, Lincoln MKS, Ford Taurus, Kia Cadenza, and so on.

Our test LaCrosse was at the premium end, with AWD, the 304-hp V6, two extra safety packages, a huge panoramic sunroof and the big-screen TV with all the infotainment and connectivity options. Net result: a pre-tax MSRP (including destination) of \$52,245.

For that money you get the top-shelf technology, like forward collision alert, lane departure warning, articulating headlights, adaptive cruise control, and the latest version of IntelliLink and OnStar, which actually makes the Buick a Wi-Fi hotspot for all your passengers. The system can also read incoming texts through the



Last year's interior redesign makes the LaCrosse less fussy.

speakers and be paired with iPhone for Siri Eyes Free.

Once you get that set up, it's time to drive, and the first impression is one of smoothness and quiet. Quiet Tuning is an official Buick "branding" thing, but it's totally legit. This is a very quiet automobile, which goes a long way in creating a luxury vibe. Last year's interior redesign made it less fussy, which also contributes to the Zen-like experience, as does

GM's super-smooth 6-speed automatic transmission.

The AWD version makes do with a less sophisticated rear suspension to make room for the extra drivetrain bits. And only FWD models can be had with the optional "real time" self-adjusting dampers. Either way, the LaCrosse feels light and agile on its feet, and the AWD versions always have a bit of torque going to the rear wheels, for more balance in cor-

## Compare



**1 Lexus ES350**  
Base price: \$43,595  
A Camry with the Lexus treatment.



**2 Lincoln MKS**  
Base price: \$49,860  
Standard AWD, but lacks finish.



**3 Chrysler 300**  
Base price: \$39,590  
RWD, not quite premium, but nice.

nering and smooth takeoffs.

The overall smoothness and quietness might be reason why the 300-hp V6 doesn't quite feel like 300-hp should, at least to this driver. It's fast enough, just not in a way that makes you aware of the fastness.

The extra length of the LaCrosse over midsize nameplates is well leveraged in the rear seating area; legroom and comfort are fabulous. The trunk, however, is only average for this class, with a rather smallish opening.

Today's Buicks look sharp, particularly this LaCrosse, whose extra length gives it more sleekness.

Overall, it's a smooth operator that does everything professionally, with little fuss or drama.

# 5 DRIVE

# Waging war on waste in the auto industry

## Driving Force.

Making vehicles more environmentally friendly isn't just about reducing fuel use and emissions.

JIL  
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drive@metronews.ca

It takes many resources to build a car, and manufacturers are always looking at ways to improve the process and reduce the amount of waste.

"We use the 'Three Rs' and add a fourth, which is refuse," says Brad Nichol, assistant manager of production control at Toyota Motor Manufacturing Canada.

"If material is of no use to us, such as parts we don't need, we refuse them at the door. We work with our suppliers to find returnable packaging. Not just replacing a cardboard box with a tote, but the layers that protect the parts have to be returned to the supplier, and that's



Auto plants are striving for efficiency, such as reducing the number of steps an employee must take to finish each job.  
CONTRIBUTED

done a great deal in reducing our waste."

These returnable items now include dunnage, the foam or other soft material

that's used to protect smaller parts when they're packed inside boxes. The dunnage is returned and as much of it as possible is used again when

the next shipment of parts is packed for delivery.

Automotive plants use large amounts of power and water, but along with obvious

solutions such as more efficient light bulbs, companies also look for improvements that eliminate issues at the source. For example, improved auto paint formulas and application methods can cut down on factory emissions and waste overspray, and require far less electricity when curing the finish.

One of the major goals for all automakers is to reduce the amount of waste they send to landfills, and 32 of Toyota's North American facilities now meet the definition of a zero-waste business, meaning they divert 90 per cent or more of all their waste from landfills or incineration.

Whenever possible, waste is diverted directly inside the plant, further reducing costs by not having to ship the material to a recycler.

"We manufacture plastic bumpers, and if we find a defect, we take that rejected bumper, send it to a grinder, and it becomes raw material for the next bumper," Nichol says. "We have quality standards to make sure (the

## A resumé of reduction

- Car manufacturers strive to meet certification by LEED (Leadership in Energy and Environmental Design), an international rating system for cost-effective "green" buildings.
- "New car smell" comes from toxic substances found in glue, plastic, textiles and other components. Automakers are working with suppliers to develop safer substitutes.

ground plastic) is not contaminated before we reuse it."

Manufacturers also look to their workforce, and programs include composting waste in plant cafeterias, colour-coding waste and recycling bins so that trash can be effectively sorted, and offering incentives for employees to come up with innovative ways to improve the plant's waste reduction processes.

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# Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

## Shift points

- Volkswagen says its Golf GTE plug-in hybrid offers eco-conscious buyers "the best of both worlds," being a compact hatchback that can be driven up to 50 kilometres in city driving on electric power, or up to almost 1,000 kilometres on highways using its on-board gasoline engine.
- Toyota says it likes the new large-scale array at its U.K. engine production centre in Deeside, North Wales. Almost 13,000 solar panels provide up to 10 per cent of all electricity required for manufacturing at the site, which is enough to produce 22,500 car engines per year.

## Ford facility challenges other automakers

Announcing it will open a research-and-development centre in California's Silicon Valley makes Ford just the latest automaker to set up shop there, in the backyard of California electric car startup, Tesla Motors. The new facility, called the Ford Research and Innovation Center, will be in Palo Alto, less than three miles from Tesla's headquarters at Stanford University. Industry watchdog Automotive News says Ford has posted job listings for 16 positions at the centre, primarily for engineers, researchers and programmers. Ford Motor Co. CEO Mark Fields says the facility reflects the importance of Silicon Valley to future development in electronic autonomous (driverless) cars and in-car computing. "We're driving to be both a product and a mobility company," he said.



Ford is opening a new R&D centre in Silicon Valley, not that far away from electric-car company Tesla's headquarters.

## New duds for the ForTwo Electric Drive still a year out

Mercedes-Benz's Smart division will bring its newly designed ForTwo coupe to buyers this year, but the Electric Drive version will carry on wearing the outgoing model's body parts until late 2016 as a 2017 model. The gasoline-powered ForTwo will arrive in showrooms this summer. More than a year later, the redesigned ForTwo Electric Drive is scheduled to go on sale, presumably with an updated drivetrain as well as sporting the new look. Smart USA general manager, Mark Webster, said the Electric Drive accounts for about a quarter of Smart's U.S. sales totals. Buyers, he said, aren't buying them just to save money on fuel. "It's not just an economic thing; (it's) an emotional reason." **ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM**



## VTs could help GM meet fuel-economy, emissions targets

General Motors is in the late stages of developing an in-house continuously variable transmission (CVT) for use around the world, to meet ever-tightening fuel economy and carbon-dioxide emissions. Industry trade journal, WardsAuto, says



Companies such as Nissan have been building CVTs for more than a decade, but General Motors has yet to dive in.

the CVT will find its way into several high-volume products by 2019, including some U.S. models. It will be mated to the company's new family of small-displacement three- and four-cylinder engines rolling out this year. The CVT has reached a point in its development where GM has hosted suppliers at its global powertrain headquarters in Pontiac, Mich., to solicit bids for parts.

## Chinese bendy bus is the world's largest battery-electric vehicle

While others are using electrification as a means to improve fuel economy and eliminate or reduce emissions, China-based auto and battery maker

BYD is going the other way, recently unveiling what it claims is the world's largest battery electric vehicle: a city bus. The Lancaster eBus, named after the California city where it was designed and built over the past two years, looks like any other articulated bus, reports emerging technologies

magazine Gizmag, but it hides some advanced electric-drive technology. These include in-wheel motors that can handle gradients up to 21 per cent, making it suitable for hilly areas while providing a claimed range of almost 290 kilometres, all while carrying a load of 120 passengers.

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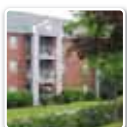
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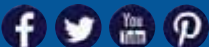
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## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

A couple of days from now you will have to start making more of an effort, especially on the work front, but today and tomorrow almost everything will come easy to you.

#### ♉ Taurus

**April 21 - May 21**

Someone will expect you to live up to the inflated image they have of you but if you try, you may fall flat. Be who you are and insist that everyone takes you as they find you.

#### ♊ Gemini

**May 22 - June 21**

Honesty is the best policy today, even if it means you hurt someone's feelings by calling it as you see it.

#### ♋ Cancer

**June 22 - July 23**

Make an effort to get out and meet as wide a range of people as possible. You may not like everyone you encounter but each one of them will have something worth hearing.

#### ♌ Leo

**July 24 - Aug. 23**

Can you adapt? It may not come easy to you but it's a must today as Uranus, planet of changes, is so strong in your chart. All changes will be good for you, so embrace them.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

Don't waste time getting others' opinions about what you intend to do. Just get on and do it and let the chips fall where they will.

#### ♎ Libra

**Sept. 24 - Oct. 23**

Today's links between Venus, your ruler, and Jupiter and Uranus will encourage you to see the best in all people — not just the ones you like.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

Make an effort to tie up loose ends because come the weekend there will be new challenges to tackle and the last thing you want is old plans and projects holding you back.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

If life has been a bit dull of late, spice things up. Some people will remind you that these are serious times but that just makes laughter more valuable.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

If you have something to say make sure you say it loud and clear. Don't worry that by speaking your mind you might damage your career prospects — it's a risk worth taking.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

Yes, you can turn your dreams into realities. With Uranus, your ruler, linked to values planet Venus today you only have to put a name to your desires to see them come true.

#### ♓ Pisces

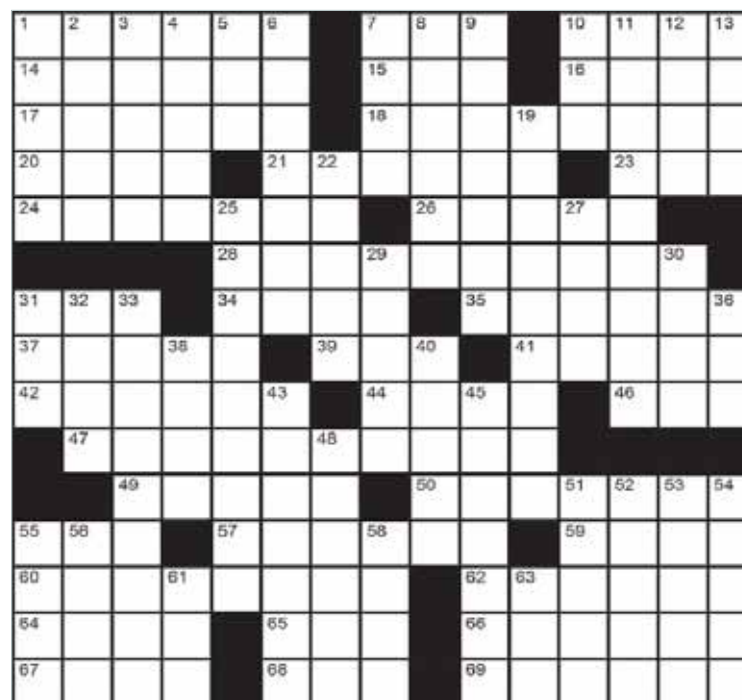
**Feb. 20 - March 20**

If you don't like the way those around you are doing things speak up about it, especially if you fear their mistakes could cost you money.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Ready-made, commonly
7. Electrical resistance unit
10. Goulash
14. Royal \_\_\_ (Canadian real estate company)
15. Mens \_\_\_ (Criminal intent, in law)
16. Cycled
17. Lacking standards
18. Brings up somebody's name
20. Taylor Swift's "All You Had \_\_\_ Was Stay"
21. Halifax-born actress Ms. Braganza
23. Arm drawing, commonly
24. Darling
26. H's spelling
28. La La La \_\_\_ (Founded in 1980, Canadian contemporary dance company known for its unique choreography)
31. Leningrad's lang.
34. Internet pub.
35. Under the weather
37. Jessica of "Gossip Girl"
39. Tasty tuber type
41. \_\_\_ Canada (Aluminum company)
42. Mints brand: 2 wds.
44. Sluggish
46. PC information units



47. "Welcome to My Life" band from Montreal: 2 wds.
49. 'E' of literary monogram TSE
50. Trinkets-displaying furniture piece
55. Adjust
57. Split-causing rift
59. Amongst
60. "Knock it off!": 2 wds.

62. Lunch hour activity
64. Mr. Eisenberger, Mayor of Hamilton
65. "Bambi" (1942) character
66. Strongly against
67. Chuck
68. US tax ID
69. To a \_\_\_ extent

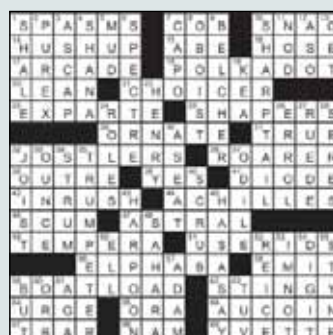
2. Tend to the lawn some more
3. Lyric poem
4. Denmark's \_\_\_ Islands
5. Palindromic honorific
6. Antwerp's country
7. Elm: French
8. \_\_\_ Blaikie, former Canadian law firm
9. Single-named

- contemporary Christian singer who was an "American Idol" contestant in 2006
10. Lanka's lead
11. Hors d'oeuvre piercer
12. Dame Everage link
13. Kim Kardashian \_\_\_
19. Manitouwadge, Ontario-born actress Ms. Jones of CBC's

#### "Strange Empire"

22. Catriona \_\_\_ Doan, Canadian Olympian/broadcaster
25. "The Marilyn Denis Show" expert Joe Rich, Family \_\_\_
27. Particular phone
29. Audibly astounded
30. Highbrow
31. Q-U's middle
32. Submachine gun types
33. Clubs and civilizations
36. Car's consumption
38. WWW code
40. Titles for French misses [abbr.]
43. Bells: French
45. Porridge
48. Mr. Hawke's
51. Backyard entrances
52. Gulf leaders, variantly
53. Washing cycle
54. Border-defining gardening tool
55. Floor plan measuring unit, briefly: 2 wds.
56. 12-star coin
58. Q. "Canadian" ...is \_\_\_ adjective?"
- A. "Yes, but also a noun."
61. QB's feats
63. \_\_\_ Carling in Ottawa, e.g.

### Yesterday's Crossword



### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



### Conceptis Sudoku by Dave Green

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku



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